BSAS AUDIO TELECONFERENCE SERIES
ENHANCING CLIENT MOTIVATION: PRE TEST

1. Research evidence indicates that client motivation is not an all-or-nothing characteristic of a client, but is actually the probability that a client will engage in a particular behavior.   True   False

2. Research on effective brief therapies for treatment of problem drinkers and alcohol dependent clients suggests that all but which of the following is an important element of treatment effectiveness. [circle incorrect answer]
    a. Feedback of personal risk or impairment
    b. Emphasis on personal responsibility for changing drinking behavior
    c. Provision of clear advice to change
    d. Imposition of a goal of abstinence
    e. Accurate empathy of a therapist
    f. Facilitation of client self-efficacy

6. Motivational enhancement strategies for dealing with addicted clients who are pre-contemplative include the counselor doing all but the following [circle inappropriate answer]:
    a. Providing your subjective feedback and opinions about what will happen to the client if s/he continues to engage in use of the addictive substance.
    b. Asking the client his/her feelings about being required to attend substance abuse treatment sessions.
    c. Discussing both the positive and the negative aspects of substance use on the client's life, in the past and in the future.

7. Motivational enhancement strategies for dealing with addicted clients who are contemplative include the counselor doing all but the following [circle inappropriate answer]:
    a. Providing your subjective feedback and opinions about what will happen to the client if s/he continues to engage in use of the addictive substance.
    b. Asking the client his/her reasons for wanting to change, and risks of not changing substance use.
    c. Discussing the client's confidence that s/he could change his/her substance use, if and when s/he was ready.

8. Effective strategies for strengthening commitment to change substance use include all but which of the following [circle appropriate answer]
    a. developing a Change Plan Worksheet
    b. emphasizing abstinence as the goal best supported by research as being effective.
    c. avoiding a request for a firm commitment to change substance use

10.   Research indicates that strategies such as helping clients develop a balanced lifestyle; exploring alternatives, options, and goals; and identify potential relapse situations would be more likely to help contemplative clients than clients in the maintenance stage of change.   True   False

12. Experimental evidence from randomized trials of addiction counseling styles in dealing with resistant clients indicates that avoidance of direct argumentation is more likely than the argumentive approach to result in lower levels of client resistance.   True   False

13. The Stages of Change Model was developed from studies of the readiness for change among addicted cigarette smokers.   True   False

16. Research from Project MATCH indicates that Motivational Enhancement Therapy is more effective for poorly motivated clients than is 12-Step Facilitation Therapy.   True   False

17. Research indicates that providing routine feedback on alcoholics' liver enzyme levels, in addition to brief counseling, reduces death and absenteeism by 50 % in heavy drinking middle aged men. True   False

According to the Stages of Change Model, match each of the following three statements to the most appropriate stage of change by writing the most appropriate letter in the space to the left.
a. precontemplation   b. contemplation   c. determination

_____   3.   O.K., I may have a few rough fights with my kids if I have some wine, but I am a good mom. I don't think my drinking is all that bad. It's just that I blow my stack when they get sassy. I hate losing my cool like that. I just think if I didn't drink I'd never be able to cope with the kids when they get bratty.

_____   4. I'm sick of getting paranoid and blowing my paycheck every time I go on a crack run. I just can't stop myself once I get going. I've got to get some new friends.

_____   5. My wife's no tee totaler herself. She just likes to whine about my drinking at the bar because her dad was a good-for-nothing wino. I just like my beer, and this DWI is just a bunch of B.S.!   I as just unlucky and got caught. I'm no alcoholic. I don't need it to make it through a day. I can take it or leave it.

9. Strategies such as helping a client to carry out strategies for change, comply with treatment, and make steps toward change would be most appropriate for clients who are in which stage of change?
   a. pre-contemplative
   b. contemplative
   c. determination
   d. action

11.   Research shows that effective strategies for helping clients after a relapse include all of the following: assisting the client to recognize triggers for the use episode, viewing the relapse as learning experience, and focusing on the deficits that the client has and how difficult it will be to overcome them without self-help groups.   True   False

14. Research indicates that providing personalized feedback, using objective laboratory and self-report data with norms as references is effective in increasing motivation to stop or reduce drinking and drug use.   True   False

15. Research indicates that the majority of individuals entering substance abuse treatment have stronger internal than external motivation to change. True   False

16.   Research from Project MATCH indicates that 12-Step Facilitation Therapy is more cost effective [cost/abstinent day] than Motivational Enhancement Therapy.   True   False

19. Research in Project MATCH indicates that angry clients had better drinking outcomes following treatment with Motivational Enhancement Therapies than with 12-Step Facilitation treatment.   True   False

20. Research indicates that imposition of a goal of abstinence increases client dropout and yields worse drinking outcomes than when clients are allowed to choose their drinking goal.   True   False

Answers-Pretest and Post-Test
1.   True
2.   B
3.   B
4.   C
5.   A
6.   A
7.   A
8.   C
9.   D
10.   False
11.   False
12.   True
13.   True
14.   True
15.   False
16.   False
17.   False
18.   True
19.   True
20.   True